

# WON-HYO TUL

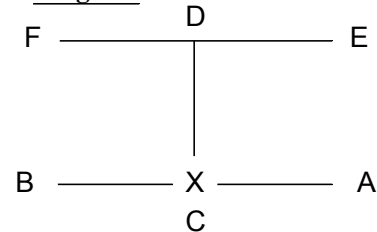
Junbi: Moa junbi sogi (A)

28 Movements

## Definition:

Won-Hyo was the noted monk who introduced Buddhism to the Silla Dynasty in the year 686 AD.

## Diagram



## START: Close Ready Stance A

1. Move the left foot to B, forming a right L-Stance toward B, while executing a twin forearm block
2. Execute a high inward strike to B with the right knifehand, while bringing the left side fist in front of the right shoulder, maintaining a right L-Stance toward B.
3. Execute a middle punch to B with the left fist while forming a left fixed stance toward B, slipping the left foot towards B.
4. Bring the left foot to the right foot, and then move the right foot to A, forming a left L-Stance toward A, while executing a twin forearm block.
5. Execute a high inward strike to A with the left knifehand, while bringing the right side fist in front of the left shoulder, maintaining a left L-Stance toward A.
6. Execute a middle punch to A with the right fist while forming a right fixed stance toward A, slipping the left foot towards A.
7. Bring the right foot to the left foot, and then turn to face D while forming a right bending ready stance (A) towards D.
8. Execute a middle side piercing kick to D with the left foot.
9. Lower the left foot to D, forming a right L-Stance towards D, while executing a middle knifehand-guarding block to D.
10. Move the right foot to D, forming a left L-Stance towards D, while executing a middle knifehand-guarding block to D.
11. Move the left foot to D, forming a right L-Stance towards D, while executing a middle knifehand-guarding block to D.
12. Move the right foot to D, forming a right walking stance toward D while executing a middle thrust to D with the right straight fingertips.
13. Move the left foot to E, turning anticlockwise to form a right L-Stance towards E, at the same time executing a twin forearm block.

14. Execute a high inward strike to E with the right knifehand, while bringing the left side fist in front of the right shoulder, maintaining a right L-Stance toward E.
15. Execute a middle punch to E with the left fist while forming a left fixed stance toward E, slipping the left foot towards E.
16. Bring the left foot to the right foot, and then move the right foot to F, forming a left L-Stance toward F, while executing a twin forearm block.
17. Execute a high inward strike to F with the left knifehand, while bringing the right side fist in front of the left shoulder, maintaining a left L-Stance toward F.
18. Execute a middle punch to F with the right fist while forming a right fixed stance toward F, slipping the left foot towards F.
19. Bring the right foot to the left foot (maintaining the punch with the right hand), lift the left foot off the ground (about 1 inch), at the same time extend the left arm towards AD. Move the left foot to C, forming a left walking stance towards C, while executing a circular block to CF with the right inner forearm.
20. Execute a low front snap kick to C with the right foot, keeping the position of the hands as they were in 19.
21. Lower the right foot to C forming a right walking stance towards C, while executing a middle punch to C with the left fist (foot and fist finishing at the same time).
22. Execute a circular block to CE with the left inner forearm while maintaining a right walking stance towards C.
23. Execute a low front snap kick to C with the left foot, keeping the position of the hands as they were in 22.
24. Lower the left foot to C forming a left walking stance towards C, while executing a middle punch to C with the right fist (foot and fist finishing at the same time).
25. Turn and face towards C forming a left bending ready stance (A) towards C.
26. Execute a middle side piercing kick to C with the right foot.
27. Lower the right foot on line CF (one foot distance behind the front foot), and then move the left foot to B turning counter clockwise to form a right L-Stance toward B, at the same time executing a middle forearm guarding block to B.
28. Bring the left foot to the right foot, and then move the right foot to A, forming a left L-Stance towards A while executing a middle forearm guarding block to A.

**END: Bring the right foot back to Closed Ready Stance A.**

	<b>Stance</b>	<b>Section</b>	<b>Obverse/ Reverse</b>	<b>Technique</b>
1	Niunja sogi	-	-	Sang palmok makgi
2	Niunja sogi	Nopunde	Baro	Annuro sonkal taerigi
3	Gojung sogi	Kaunde	Bandae	Yop ap joomuk jurigi
4	Niunja sogi	-	-	Sang palmok makgi
5	Niunja sogi	Nopunde	Baro	Annuro sonkal taerigi
6	Gojung sogi	Kaunde	Bandae	Yop ap joomuk jurigi
7	Goburyo sogi	-	-	-
8	-	Kaunde	-	Yop cha jurigi
9	Niunja sogi	Kaunde	-	Sonkal daebi makgi
10	Niunja sogi	Kaunde	-	Sonkal daebi makgi
11	Niunja sogi	Kaunde	-	Sonkal daebi makgi
12	Gunnun sogi	Kaunde	Baro	Sun sonkut tulgi
13	Niunja sogi	-	-	Sang palmok makgi
14	Niunja sogi	Nopunde	Baro	Annuro sonkal taerigi
15	Gojung sogi	Kaunde	Bandae	Yop ap joomuk jurigi
16	Niunja sogi	-	-	Sang palmok makgi
17	Niunja sogi	Nopunde	Baro	Annuro sonkal taerigi
18	Gojung sogi	Kaunde	Bandae	Yop ap joomuk jurigi
19	Gunnun sogi	Kaunde	Bandae	Dollimyo makgi
20	-	Najunde	-	Ap cha busigi
21	Gunnun sogi	Kaunde	Bandae	Ap joomuk jurigi
22	Gunnun sogi	Kaunde	Bandae	Dollimyo makgi
23	-	Najunde	-	Ap cha busigi
24	Gunnun sogi	Kaunde	Bandae	Ap joomuk jurigi
25	Goburyo sogi	-	-	-
26	-	Kaunde	-	Yop cha jurigi
27	Niunja sogi	Kaunde	-	Palmok daebi makgi
28	Niunja sogi	Kaunde	-	Palmok daebi makgi

<b>Blocks</b>	<b>Makgi</b>	<b>Move Number</b>
Twin forearm block	Sang palmok makgi	1, 4, 13, 16
Knifehand guarding block	Sonkal daebi makgi	9, 10, 11
Circular block	Dollimyo makgi	19, 22
Forearm guarding block	Palmok daebi makgi	27, 28
<b>Punches</b>	<b>Jurigi</b>	
Side forefist punch	Yop ap joomuk jurigi	3, 6, 15, 18
Front forefist punch	Ap joomuk jurigi	21, 24
<b>Strikes</b>	<b>Taerigi</b>	
Inward knifehand strike	Annuro sonkal taerigi	2, 5, 14, 17
<b>Kicks</b>	<b>Chagi</b>	
Side piercing kick	Yop cha jurigi	8, 26
Front snap kick	Ap cha busigi	20, 23
<b>Thrust</b>	<b>Tulgi</b>	
Straight fingertip thrust	Sun sonkut tulgi	12
<b>Stances</b>	<b>Sogi</b>	
Closed ready stance (A)	Moa junbi sogi	
Fixed stance	Gojung sogi	
L-Stance	Niunja sogi	
Bending ready stance (A)	Goburyo sogi	
Walking stance	Gunnun sogi	

### **Application of Technique**

Twin forearm block - high inward knifehand strike - side punch:

*The twin forearm block technique is used to block a middle attack. That is the primary block. The rising block part of the technique is used either as reaction force, or to block another overhead attack. The middle section arm is then used to pull the opponent into a knifehand strike along the jaw line (the neck). Finally a side punch is performed to the opponent's solar plexus.*

Circular Block:

*There are two possible definitions of this technique. It can either be used to:*

- 1. Block a front kick (on the way down), and then to scoop the attackers leg throwing the opponent of balance.*
- 2. Blocking a front kick and then continuing the movement to block an oncoming punch from the same attacker (or a different attacker).*